

University Dental Hospital of Manchester  
Department of Oral Surgery

Information for Patients

# General Anaesthetic

The information leaflet has been designed to explain what will happen on the day of your surgery.

The date of your operation:.....

Please arrive at:.....

Hospital parking is available. Please see loose insert for map.

The Trust is a teaching hospital and therefore students are likely to be involved in your treatment, though a fully qualified member of staff will supervise them. We will always respect your wishes and whatever you decide will not affect your treatment in any way.

## What is a general anaesthetic?

This means you will be fully asleep during your operation; an anaesthetist will look after you while you are asleep and the surgical team will carry out your treatment. After the operation you will be allowed to recover until you are able to go home with your escort. You are generally in hospital for most of the day.

## Before your operation

It is essential that you follow these instructions; otherwise your appointment may be cancelled:

- If your appointment time is in the morning (7:30am)
  - You must **not eat or drink after midnight** the night before. This includes mints and chewing gum.
  - You can have a small glass of still water before 6.00 am.
- If your appointment time is in the afternoon (11am onwards)
  - You must **not eat or drink after 7.00 am** that day. This includes mints and chewing gum.
  - You can have a small glass of still water before 9.00 am.
- You must arrange for a responsible adult (18 or over) to escort you home afterwards and arrange for you to be looked after for 24 hours after the procedure.

- Any children or dependants will need to be cared for by a second responsible adult. If this is not possible your treatment will not be carried out.
- Children under the age of 16 years cannot attend the unit.
- Your escort must be able to speak and understand English, if this is not possible please inform the pre-assessment team.
- Your escort should take you home by private car or taxi- not public transport.
- Remove all acrylic nails and nail varnish and make-up at home.
- Leave any valuables and jewellery at home.
- If you are taking medicines they should be taken at the usual times with a small sip of water unless instructed otherwise. You should bring your medicines and prescription with you so that your surgeon may know what they are.
- If you use inhalers, even if infrequently, please bring them with you.
- Do not smoke for 24 hours prior to your surgery and for 48 hours afterwards, you may need to see your GP/ pharmacist for advise on nicotine replacement options.
- Do not use recreational drugs including cannabis for 48 hours before your operation.
- If you are unable to attend, are unwell or think that you may be pregnant, please let us know, as your appointment may need to be rescheduled. Tel: (0161) 393 7730.
- Any illness occurring before this appointment should be reported immediately as this may affect your treatment.
- Please ask the surgeon or nurse if there is anything you are unsure of or contact the unit before the day of surgery.
- You should have over the counter pain relief medication ready at home to use after your procedure, as we don't routinely give pain relief medication on prescription, use the same pain relief medication as you would for a headache. Paracetamol and ibuprofen are usually sufficient if you can take those. Always follow the instructions on the packet.

## What will happen on the day?

- You will be welcomed at the reception desk when you arrive and then asked to wait in the waiting room. Your escort is welcome to remain here with you until you have your procedure but if they do not wish to wait they can leave a contact telephone number. We would ask that you only bring one person, as space is limited.
- Shortly after your arrival your nurse will introduce themselves to you and explain approximately how long the waiting time will be. Unfortunately not everyone can be first on the list. You may

have a long wait before it is your turn to go into theatre. We would advise you to bring a book or magazines to help you pass the time. The exact time of your procedure cannot always be given, however your nurse will provide up-to-date relevant information as necessary.

- The nurse will check your details, your pulse and blood pressure and you will be given a name bracelet to wear on your wrist.
- You will meet your surgeon and anaesthetist, and will be asked to sign a consent form if you have not already done so. Please follow the fasting advice in the 'Before your operation' section.
- Before you go into theatre it will be necessary for you to get changed. There are changing facilities and we do provide dressing gowns but you are welcome to bring your own if you wish. Your nurse will escort you to the anaesthetic room where you will meet the anaesthetist again and the anaesthetic assistant, who will care for you throughout your procedure.
- Following your surgery, you will wake up in the recovery area. Here, a specially trained nurse will closely monitor your condition.
- Once awake and comfortable you may be asked to remain in the unit for a minimum 1.5 hours after your operation to ensure that you are fully recovered from your anaesthetic.
- The recovery nurse will provide you with advice on post-operative care. Pain relieving tablets or antibiotics may be prescribed. You will be given a review appointment if required.

## For 24 hours after your operation

Please remember that the anaesthetic will affect your judgement, though you may feel that you have recovered.

For your safety and recovery we ask you to follow these instructions:

- Go home with your escort by car or taxi and rest quietly for the remainder of the day.
- You must not drive any vehicle, operate any machinery or use any domestic appliance for 24 hours.
- You must not drink alcohol, return to work, make any important decisions or sign legal documents for 24 hours after a general anaesthetic or sedation. Do not do anything that requires skill and judgement.

## Mouth care at home

**Your mouth may ooze some blood after the operation, this is normal. In order to reduce the possibility of excessive oozing on your return home, for the first 24 hours it is recommended that you follow the following instructions:**

- Do not rinse your mouth with water or mouthwash or spit out repeatedly.

- Only have cool drinks and cool soft food. Avoid hot drinks and hot food.
- Do not hold anything against the side of you face.
- Avoid excessive exercise.
- Avoid alcohol.
- No smoking for at least 48 hours.

**If bleeding seems quite heavy:**

- Roll up a clean, damp cotton handkerchief/ tea towel and place it over the wound.
- Bite hard on it for 20 minutes. Don't use tissues or cotton wool.
- This may be done up to three times. If bleeding continues, or if you are worried, ring our contact number for advice. If it is out of hours then call 111.

**Dry socket**

Healing can be delayed if the blood clot covering the socket is dissolved or washed away. This exposes the bone and leads to a constant, deep, throbbing pain 2-3 days after surgery. Don't rinse your mouth or spit on the day of surgery as this can loosen the blood clot. Don't smoke after surgery for at least 48 hours as this can also loosen the blood clot and increases the chance of pain and infection. If you experience these symptoms ring our contact number for advice.

After the first 24 hours, you should resume brushing your teeth and use warm salt water mouthwashes after every meal for a further 3-4 days. Mix one teaspoon of salt in a glass of warm water and gently bathe the operation site for several minutes.

 University Dental Hospital Manchester (0161) 393 7736

Monday to Friday 9.00 am - 5.00 pm. For out of hours emergencies please call 111 or attend your local Accident and Emergency Department.

 <http://www.mft.nhs.uk/dental>